



## Pork and Pepper Stew

READY IN



120 min.

SERVINGS



6

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup bacon grease
- 1 bay leaf
- 1 cup beef stock
- 0.3 cup butter
- 2 tablespoons flour all-purpose
- 2 large cloves garlic minced peeled
- 1 bell pepper green cut into strips
- 2 jalapeño peppers fresh sliced into rings
- 3 onions thinly sliced

- 3 tablespoons paprika
- 2 pounds pork tenderloin cut into 1/2 inch strips
- 1 bell pepper red cut into strips
- 1 teaspoon salt
- 3 tablespoons tomato paste
- 1 bell pepper yellow cut into strips

## Equipment

- pot

## Directions

- Heat bacon grease in a large pot over medium heat. Stir in the pork, and cook until evenly browned.
- Remove pork and liquid from the pot, and set aside.
- In the large pot, melt the butter over medium heat, and saute the onions until tender and lightly browned.
- Mix in the flour and paprika, and, stirring constantly, cook until thickened.
- Mix pork, green bell pepper, red bell pepper, yellow bell pepper, and jalapeno peppers into the pot. Stir in the beef stock, tomato paste, garlic, salt, and bay leaf. Bring the mixture to a boil. Reduce heat, cover, and simmer 1 to 1 1/2 hours, stirring occasionally.

## Nutrition Facts



## Properties

Glycemic Index:52.67, Glycemic Load:3.61, Inflammation Score:-10, Nutrition Score:32.340434717095%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg, Luteolin: 1.33mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 12.11mg, Quercetin: 12.11mg, Quercetin: 12.11mg,

Quercetin: 12.11mg

## Nutrients (% of daily need)

Calories: 407.78kcal (20.39%), Fat: 23.58g (36.28%), Saturated Fat: 10.65g (66.57%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 11.31g (4.11%), Sugar: 5.41g (6.01%), Cholesterol: 127.98mg (42.66%), Sodium: 690.94mg (30.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.47g (68.93%), Vitamin C: 89.43mg (108.41%), Vitamin B1: 1.59mg (106.08%), Vitamin B6: 1.51mg (75.3%), Selenium: 48.4µg (69.14%), Vitamin B3: 11.69mg (58.45%), Vitamin A: 2871.84IU (57.44%), Phosphorus: 435.01mg (43.5%), Vitamin B2: 0.66mg (39.03%), Potassium: 1048.73mg (29.96%), Zinc: 3.36mg (22.38%), Iron: 3.07mg (17.05%), Vitamin E: 2.54mg (16.97%), Magnesium: 67.18mg (16.79%), Vitamin B5: 1.59mg (15.9%), Fiber: 3.64g (14.56%), Manganese: 0.28mg (14.11%), Copper: 0.28mg (13.85%), Vitamin B12: 0.8µg (13.37%), Folate: 36.37µg (9.09%), Vitamin K: 7.97µg (7.59%), Calcium: 46.76mg (4.68%), Vitamin D: 0.7µg (4.67%)